



# InShape

## West Valley City Fitness and Recreation Center News

### Summer Soccer Camp

July 11 – July 15

West Valley City Centennial Park

West Valley Family Fitness Center has teamed up to host the weeklong British Soccer Camp. The soccer camp sessions are offered for the following ages:

Ages 3-4	First Kicks from 11 a.m. – 12 p.m.	\$75
Ages 4-5	Mini Soccer A.M. from 9 a.m. – 10:30 a.m.	\$88
Ages 4-5	Mini Soccer P.M. from 5:30 p.m. – 7 p.m.	\$88
Ages 6-16	Half Day Camp AM from 9 a.m. – 12 p.m.	\$115
Ages 6-16	Half Day Camp PM from 5:30 p.m. – 8:30 p.m.	\$115

Each camper will receive a free camp t-shirt, soccer ball, giant soccer poster and an individual skills performance evaluation. In addition, any child who signs up online at least 45 days prior to the camp will receive a genuine British Soccer replica jersey (\$39 value).

To signup for the camp, either visit [www.challengersports.com](http://www.challengersports.com) or contact Valerie Custer at 801-955-4016 or email [Valerie.custer@wvc-ut.gov](mailto:Valerie.custer@wvc-ut.gov).

**Space is Limited – parents are encouraged to signup online in advance to avoid disappointment.**

### Kidz Kamp Summer Program

For boys and girls 5-11 years old

Camp runs June 6 through August 26

**Themed weeks include:**  
**Western Week, Medieval Week,**  
**Sports Week, Around the World**  
**Week, Super Hero Week, Under**  
**the Sea Week and more!**

**Monday – Friday**  
**7 a.m. to 6 p.m.**

Includes: field trips, arts & crafts, swimming, sports, Kidz Yoga, Kidz Zumba, silly games, rock climbing, yummy lunch, snacks and much more.

\$97 per week per child OR \$24  
 per day per child  
**(No refunds or date changes)**

Register by Wednesday 1 p.m. the  
 week prior to camp.

**No late registrations or  
 date changes accepted.**



### Junior High Summer Program

Open to all current Junior High School  
 Students who have completed 6th-9th  
 grade & students  
 12-14 years old.

Tuesday, Wednesday, Thursday  
 June 14 – August 18  
 11 a.m. to 2 p.m.

**Cost**  
 \$50 for entire summer program.

Program includes: lunch, field trips,  
 games, leadership activities, rock climbing,  
 swimming, sports and much more.

### The 3rd Annual Cardboard Boat Race Join us June 11 for our June Member Appreciation Event!

The event is free for members.  
 Make a boat out of cardboard or just  
 come watch the race. You can make  
 a boat at home or at the Fitness Center  
 (only a limited supply of cardboard  
 available). Prizes awarded!

**For more information, call 801-955-4000  
 or visit [www.westvalleyfitnesscenter.org](http://www.westvalleyfitnesscenter.org).**



### WESTFEST FAMILY CLASSIC 5K

**DATE/TIME:**

Saturday, June 25, 2011  
 Race start time is 7:30 a.m.

**REGISTRATION:**

Register by mail (must be postmarked by June 17)  
 or at the Family Fitness Center (5415 West 3100  
 South, West Valley City) or day of race 6-7 a.m.

**Late fees may apply – see below.**

**ENTRY FEES:**

Adults (18 & older) \$10

Youth (17 & under) \$5

\*Families \$35 (up to six family members –  
 each additional family member is \$5)

**\* Family Definition:** Family  
 members must live in the same  
 residence and be related.

**Entries received after June 19 will  
 have a \$5 late fee added.**

**KIDS FUN RUN**

For ages 8 and under.

FREE for family members of 5k  
 participants and \$5 for all others.

Kids Fun Run registration form required

**INFORMATION:**

For additional information, please call  
 801-955-4000.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 [www.WestValleyFitnessCenter.org](http://www.WestValleyFitnessCenter.org)  
 Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.  
 Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 11:30 a.m. - 5 p.m.  
 Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 1 p.m. - 4 p.m.

